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Olympic Wushu Forms (Taolu) List

Wushu competitions, including those associated with the Olympics and international events, feature a set of standardized forms known as *taolu*. These are choreographed routines judged on technique, difficulty, and overall performance. The main taolu categories recognized in official competition are:

- Changquan (Long Fist)
- Nanquan (Southern Fist)
- Taijiquan (Tai Chi Chuan)
- Daoshu (Broadsword)
- Jianshu (Straight Sword)
- Gunshu (Cudgel/Staff)
- Qiangshu (Spear)
- Taijijian (Tai Chi Straight Sword)
- Nandao (Southern Broadsword)
- Nangun (Southern Staff) [1]

These forms cover both unarmed and weapon routines, and each highlights different aspects of Chinese martial arts tradition and athleticism.

Would you like more details on what each form involves or how they are judged?

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1. https://blackbeltwiki.com/wushu-taolu